keeping people from ⟷ organic bonds - family medicine touch & acceptance * support

7/29 Midday nap - football game, running past everyone - last man left ⊗ button * click, click, click * "I'm just too fast!" - but I woke before the touchdown

Davids client & poisoned food bear response meek - chakra glands & synthetic drugs

Proof the subconscious is always listening. Previous days conversation about Kevin Mainville, Mitchell, but we were talking about defense tactics & mentality & I was sitting on the floor.

7/28 - took my spare/recycled cardboard....
2 incredible books I grabbed impulsively.
- The Valley of horses by the author of - The clan of the cave bear
& - SKINWALKERS - the dark and mystical world of Indian witchcraft * written as suns pass * (the cover reminiscent of the panorama painting in last nights dream...
(pg 2) - everything in moderation

7/28 ~ 6-8pm - can't fall asleep struck by fear of the same caliber as the fourth night of fasting. Mistook in mikena, in my father's motio dreaming of Eloi as an immediate answer & cannot sustain myself offgrid - mikena not tak my advice... and much suspic arose around Jacob sitting breathe meditat helped after tak a shit.

7/29 - Reg's wife ER & dade across hall, dad died yesterday on lithium & got the schizz book.
No Trust talk of mok...
Wander halls 'CAN I HAVE SOME EAR PLUGS!?' I need some ear plugs & cant sleep w/ this shit

Fear creates motion in the bowels

Proof the subconscious is always listening. Previous days conversation about Kevin Mainville, Mitchell, but we were talking about defense tactics & mentality & I was sitting on the floor.

Dwell not in the unreal world, Be sane in the oneness of things, And dualism vanishes by itself.
ON TRUST IN THE HEART by Seng-t'san - manual of Zen buddhism 1960's

analyzing sick response to tell me what your family thinks" - rolls eyes & they just really care and and and looks me in eyes, I just don't think this is you.
Solution call nick Dad - phone records & take on notes &

& migraines & sudden intens in eyes Time of

which is what I ended the previous phone call discussing - important of ment -